Join a FREE Fit and Fall Proof™ class anytime

Create an Active Lifestyle and Reduce Your Risk of Falling

Please bring to your first class: Doctor's name, phone number, and your emergency contact information

BOISE - Ada Community Library
10664 W Victory Road 83709 (362-0181)
Tue & Thu @ 11:45am (Apr 1 to Jun 19)

BOISE - Boise Sr Activities Ctr
690 W Robbins Road 83702 (345-9921)
Tue & Fri @ 1:00pm (Ongoing)

BOISE - Hillview United Methodist
8525 W Ustick Road 83704 (375-0392)
Tue & Thu @ 9:15am (Ongoing)

BOISE - Lake Hazel Library
10489 W Lake Hazel Road 83709 (297-6700)
Tue & Fri @ 11:45am (Ongoing)

BOISE - Library! at Collister
In Collister Shopping Center 83703 (562-4995)
Tue & Thu @ 9:15am (Ongoing)

BOISE - Physical Therapy 180
5905 W State Street 83703 (343-7700)
Mon & Wed @ 11:45am (March 31 to June 18)

BOISE - St Mark's Catholic Church
7960 Northview Street 83704 (375-6651)
Wed & Fri @ 10:00am (Mar 26 to May 30)

All Classes are Free

CASCADE - Cascade Sr Ctr
409 N School Street 83611 (382-4256)
Tue & Thu @ 10:30am (Ongoing)

EAGLE - Eagle Sr Citizen Ctr
312 E State Street 83616 (939-0475)
Mon & Wed–Fri @ 9:00am (Ongoing)

GARDEN CITY - Garden City Library
6015 Glenwood Street 83714 (472-2945)
Tue & Thu @ 11:00am (Apr 8 to Jun 19)

GARDEN CITY - Willowbrook
5601 Willowlawn Way 83714 (322-8531)
Tue & Fri @ 10:00am

GARDEN VALLEY - Garden Valley Sr Ctr
261 S Middlefork Road 83622 (462-3943)
Tue & Thu @ 3:00pm (Ongoing)

GLENNS FERRY - Three Island Sr Ctr
492 E Cleveland Avenue 83623 (366-2051)
Mon & Thu @ 10:30am (Ongoing)

KUNA - Kuna Library
457 Locust Avenue 83634 (922-1025)
Mon–Wed–Fri @ 11:30am (Ongoing)

KUNA - Mtn Land Physical Therapy
672 E Wythe Creek Court #103 83634 (922-9828)
Tue & Thu @ 9:30am (Ongoing)

KUNA - Kuna Sr Ctr
229 N Avenue B 83634 (922-9714)
Mon–Wed–Fri @ 1:00pm (Ongoing)

MCCALL - McCall Sr Citizens Ctr
701 North 1st Street 83638 (634-5408)
Tue & Thu @ 3:30pm (Ongoing)

MERIDIAN - Boise First Community Ctr
3852 N Eagle Road 83713 (327-8591 CDHD)
Tue & Thu @ 9:00 & 10:00am (Apr 8 to Jun 26)

MERIDIAN - Holy Apostles Church
6300 N Meridian Road 83646 (888-1182 x3008)
Mon & Wed @ 9:45am (Ongoing)

MERIDIAN - Meridian Library
1326 W Cherry Ln, 83642 (888-4451)
Mon & Wed @ 11:00am (Apr 7 to Jun 18)

MOUNTAIN HOME - Mtn Home Sr Ctr
1000 N. 3rd E. 83647 (366-5715)
Mon & Wed @ 11:00am (Mar 31 to Jun 18)

STAR - Star City Hall
10769 W State Street 83669 (286-7247)
Wed & Fri @ 10:30am (Ongoing)

CENTRAL DISTRICT HEALTH DEPARTMENT

For Classes in Canyon County, Please Call (208) 455-5321

For more information, please call:
Central District Health Department
Mike S. Rice (208) 327-8591

Do it for life!

Series: April, 2014